In the Claims

1. (currently amended) A method of operating a terminal in a wireless communications system, the system having a plurality of uplink and downlink channels available for use, the terminal being arranged to use an uplink channel and a downlink channel selected from the plurality, with the uplink channel lying adjacent, in frequency, to an uplink channel used by another terminal and the downlink channel not lying adjacent, in frequency, to a downlink channel used by the other terminal, the method comprising:

transmitting a signal on the uplink channel used by the terminal, said uplink channel being an uplink channel to which a base station in communication with the other terminal does not have access;

determining whether the terminal is transmitting at a power which may cause interference to the adjacent uplink channel;

determining which downlink channel is associated paired with the adjacent uplink channel;

monitoring that the determined downlink channel and deciding, on the basis of the monitoring, whether there is a need to operate the terminal in a manner which will reduce interference.

- 2. (original) A method according to claim 1 wherein there is a first band of channels and a second band of channels available for use and the terminal can use either an uplink channel and a downlink channel from the first band or an uplink channel from the first band and a downlink channel from the second band.
- 3. (original) A method according to claim 2 wherein, within the first band of channels, each uplink channel is paired with a downlink channel, with the uplink and downlink channels in each pair being separated by a known frequency offset, and wherein the step of determining which downlink channel is associated with adjacent uplink channel comprises determining a downlink channel which is offset from the adjacent uplink channel by the known frequency offset.

- 4. (original) A method according to claim 3 wherein the first band of channels is a core band of channels and the second band of channels is an extension band of channels.
- 5. (original) A method according to claim 1 further comprising operating the terminal in a manner which will reduce interference by selecting an alternative uplink channel for the terminal to use and transferring communication to the selected alternative uplink channel.
- 6. (original) A method according to claim 5 wherein the step of selecting an alternative uplink channel comprises testing whether the alternative channel is acceptable for use.
- 7. (original) A method according to claim 6 wherein the step of testing whether the alternative channel is acceptable for use comprises monitoring a metric which is indicative of usage of a downlink channel which is associated with an uplink channel that is adjacent to the alternative channel.
- 8. (original) A method according to claim 1 further comprising operating the terminal in a manner which will reduce interference by selecting an alternative transmission rate for the terminal.
- 9. (original) A method according to claim 1 further comprising operating the terminal in a manner which will reduce interference by selecting an alternative transmission system for the terminal.
- 10. (original) A method according to claim 1 wherein the step of monitoring that downlink channel comprises monitoring a metric which is indicative of usage of that downlink channel.
- 11. (original) A method according to claim 10 wherein the metric is received power.

- 12. (original) A method according to claim 1 wherein the step of monitoring that downlink channel comprises determining whether the terminal is likely to cause interference to the adjacent uplink channel associated with that downlink channel.
- 13. (original) A method according to claim 1 wherein, if the terminal is not transmitting at a power which may cause interference to an adjacent uplink channel, the other steps of the method are not performed.
- 14. (original) A method according to claim 1 further comprising exchanging signalling information between the terminal and network to operate the terminal in a manner which will reduce interference.
- 15. (original) A method according to claim 1 wherein the wireless communications system is a wideband wireless communications system.
- 16. (original) A method according to claim 15 wherein the wideband communications system is a W-CDMA system.
- 17. (currently amended) A control apparatus for a terminal in a wireless communications system, the system having a plurality of uplink and downlink channels available for use, the terminal being arranged to use an uplink channel and a downlink channel selected from the plurality, with the uplink channel lying adjacent, in frequency, to an uplink channel used by another terminal and the downlink channel not lying adjacent, in frequency, to a downlink channel used by the other terminal which is in communication with a base station to which the terminal does not have access, the control apparatus comprising:

means for determining whether the terminal is transmitting at a power which may cause interference to the adjacent uplink channel;

means for determining which downlink channel is associated paired with the adjacent uplink channel;

means for monitoring that the determined downlink channel and deciding, on the basis of the monitoring, whether there is a need to operate the terminal in a manner which will reduce interference.

- 18. (original) A control apparatus according to claim 17 wherein there is a first band of channels and a second band of channels available for use and the terminal can use either an uplink channel and a downlink channel from the first band or an uplink channel from the first band and a downlink channel from the second band.
- 19. (currently amended) A control apparatus according to claim 18 wherein, within the first band of channels, each uplink channel is paired with a downlink channel, with the uplink and downlink channels in each pair being separated by a known frequency offset, and wherein the means for determining which downlink channel is associated paired with adjacent uplink channel comprises determining a downlink channel which is offset from the adjacent uplink channel by the known frequency offset.
- 20. (original) A control apparatus according to claim 19 wherein the first band of channels is a core band of channels and the second band of channels is an extension band of channels.
- 21. (original) A control apparatus according to claim 17 which is arranged to operate the terminal in a manner which will reduce interference by selecting an alternative uplink channel for the terminal to use and transferring communication to the selected alternative uplink channel.
- 22. (original) A control apparatus according to claim 21 which is arranged to test whether the alternative channel is acceptable for use.
- 23 (original) A control apparatus according to claim 22 which is arranged to test whether the alternative channel is acceptable for use by monitoring a metric which is indicative of usage of a downlink channel which is associated with an uplink channel that is adjacent to the alternative channel.
- 24. (original) A control apparatus according to claim 17 which is arranged to operate the terminal in a manner which will reduce interference by selecting an alternative transmission rate for the terminal.

- 25. (original) A control apparatus according to claim 17 which is arranged to operate the terminal in a manner which will reduce interference by selecting an alternative transmission system for the terminal.
- 26. (original) A control apparatus according to claim 17 which is arranged to monitor that downlink channel by monitoring a metric which is indicative of usage of that channel.
- 27. (original) A control apparatus according to claim 26 wherein the metric is received power.
- 28. (original) A control apparatus according to claim 17 which is arranged to exchange signalling information between the terminal and network to operate the terminal in a manner which will reduce interference.
- 29. (original) A terminal for use in a wireless communications system including a control apparatus according to claim 17.
- 30. (original) A wireless communications system incorporating a terminal according to claim 29.
- 31. (original) A wireless communications system according to claim 30 in the form of a wideband wireless communications system.
- 32. (original) A wireless communications system according to claim 31 in the form of a W-CDMA system.
- 33. (cancelled)
- 34. (currently amended) A computer readable medium carrying software for operating a terminal in a wireless communications system, the system having a plurality of uplink and downlink channels available for use, the terminal being arranged to use an uplink channel and a downlink channel selected from the plurality, with the uplink channel lying adjacent, in frequency, to an uplink channel

used by another terminal which is in communication with a base station to which the terminal does not have access and the downlink channel not lying adjacent, in frequency, to a downlink channel used by the other terminal, the software being arranged to cause a control apparatus of the terminal to perform the steps of:

determining whether the terminal is transmitting at a power which may cause interference to the adjacent uplink channel;

determining which downlink channel is associated paired with the adjacent uplink channel;

monitoring that the determined downlink channel and deciding, on the basis of the monitoring, whether there is a need to operate the terminal in a manner which will reduce interference.